


LANTA

GUIDE



January 03. Edition 3

THAILAND'S MAGIC ISLAND

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Klong Dao Beach detail
Phuket to Lanta Map
Ko Lanta dive spots
Beach details
& Useful information

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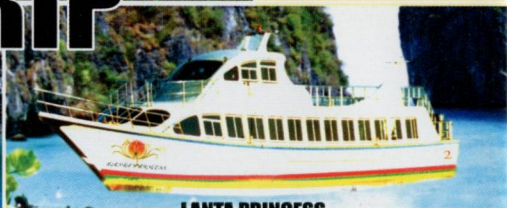
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□ **VIKING CAVE**



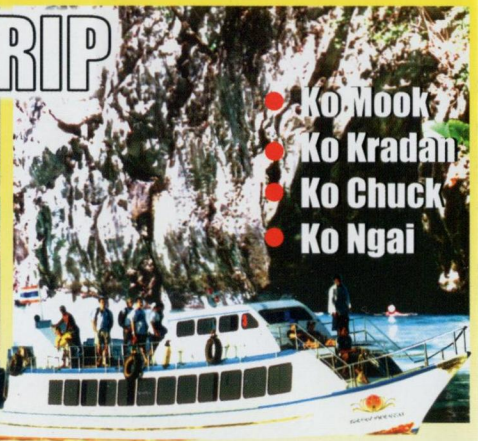
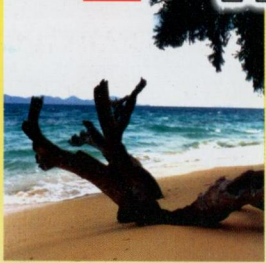
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**4 ISLAND
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- **Ko Mook**
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Tab Computer

KLONG DAO BEACH, KO LANTA, KRABI, THAILAND

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THE DIVING SITES

There is wide range of great dive sites accessible from Ko Lanta, but many divers come especially for Hin Daeng and Hin Mouang - our most famous dive sites. Many local divers consider Ko Ha (five islands) as at least as good a site if not better, and there are other world-class dives with special attractions to choose from.

Hin Daeng and Hin Muong

The twin peaks of Hin Daeng and Hin Mouang are rated in most of the world's top-10 dive site rankings. Sited just 50 km from Ko Lanta, the pinnacles offer steep walls covered with pink, purple and red coral and house an incredible variety of marine life. Being the lone coral outcrop in deep open sea, they attract large numbers of pelagic and very large jacks, fusiliers, tuna and barracuda. Curious schools of grey reef sharks will often approach divers for a closer look. If sharks are what you're after, this sit has one of the world's highest incidences of whale shark sightings. Hin Daeng (Red Rock) is a familiar name for anyone interested in Asian diving. It is often rated Thailand's best dive site, and features several different drop offs connected by rock shelves at many levels. The coral and marine life are outstanding here. Most dive guides list Hin Daeng as a sure place to see whale shark and manta ray. There are no sure things but with a bit of luck you'll have a special diving story to take home. Just 500 meters from Hin Daeng lays Hin Mouang (purple rock), Ko Lanta's other five-star dive site. This might not be the first dive after your Open Water Certification, but with a bit more experience this dive is a must. The reef has five "legs", the shallowest at 8 meters the deepest at 70 meters is one of the deepest in Thailand.

Ko Ha

Ko means island and Ha means five in Thai. These five small islands are an hour by boat from Ko Lanta, just in time to finish breakfast and dive briefings. The islands are a favorite spot as diving conditions are almost always good. Depths range from 18 to 34 meters, with an abundance of marine life and a beautiful cave with two entrances, one at 5 metres and one at 16 meters. Inside the cave there is a "cathedral" rising 30 metres above sea level inside the mountain. The light enters from below the water creating an unworldly magical atmosphere. **Hin Bida - Shark Point**

Hin Bida is almost next to Bida Nok and often included in two-dive trips. Average depths range from 12 to the

maximum depth of 18 meters. That means long relaxed dives with the Leopard sharks that are almost always swimming or snoozing here. This species is one of the most beautiful and placid of all sharks. Hin Bida is also known as Phi Phi Shark Point.

King Cruiser Wreck

This large car ferry sank in 1997 after ferrying passengers from Phuket to Phi Phi Island for many years. On its very last day of service, the captain made a "false manoeuvre" and the ferry ran onto the Anemone Reef. King Cruiser sank to the bottom and is now neatly parked 20 to 30 meters below the surface. There are many exciting parts of the wreck to visit and abundant marine life for divers with the right training and experience.

THE SNORKELLING SITES

With more than 50 islands in the Ko Lanta Islands, there are a list of fantastic snorkel sites and small islands with pristine beaches, amazing caves and much more to discover. We've listed a few of the highlights that are easiest to visit.

Ko Rok

The amazing coral reef of Ko Rok with its rainbow-colour coral and spectacular marine life is one of the best Asian snorkel experiences available. Ko Rok comprises of two

beautiful tropical isles that between them shelter a fabled "square kilometre" of coral housing millions of colourful fish and marine creatures. Described by many as equal to the Red Sea, a day at Ko Rok should be part of ever Ko Lanta holiday.

With its perfect white sand beaches, aquamarine water and reef just off the beach; Ko Rok is perfect for a family day out on the water.

Ko Muk

This is a good place for long shallow dives, and a great place for snorkelling. The average depth is five meters and it's hard to get below 10 meters no matter how hard you try. The multi-colored coral is famous and a great variety of marine life keeps delivering surprises round every corner. A 60 meter long tunnel runs through the mountain and leads into a fantastic lagoon at the bottom of a sheer vertical shaft in the mountain. Sunlight only penetrates the shaft at midday and the light filtered through the tropical forest to the wonderful sandy beach in the middle of this mountain has earned the name Emerald Cave.

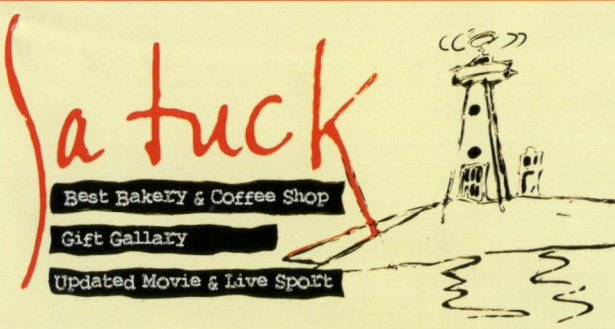
Many believe this is the inspiration for the tunnel and cave depicted in "The Beach".

Ko Muk is often visited as part of a 'three-island' or 'four-island' snorkelling daytrip that also visits the great snorkel sites at Ko Cheuk, Ko Ngal and sometimes Ko Kradan.


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WALK WAY o Pier

GO TO PIER

GO TO PIER

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GO TO PIER

GO TO PIER

SALADAN VILLAGE

Saladan Village or Ban Saladan is at the North of Ko Lanta. It is the arrival & departure point for sea ferries, car ferries and mini-van services. Until a few years ago this was a tiny fishing village, but rapid expansion has resulted in an eclectic mix of building styles and sites.

As the center of Lanta, you'll find the island's Bank and Pharmacy, internet shops, most of the dive shops, many travel agencies, some supermarkets and Restaurant & Cafe's.



Saladan's Longtail boat transport to Lanta Noi

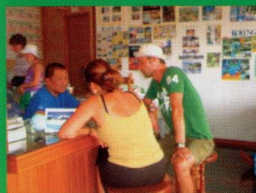
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January 03. Edition 3

GUIDE

LANTA

KO ROK

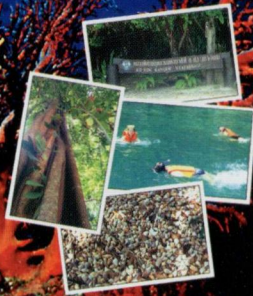
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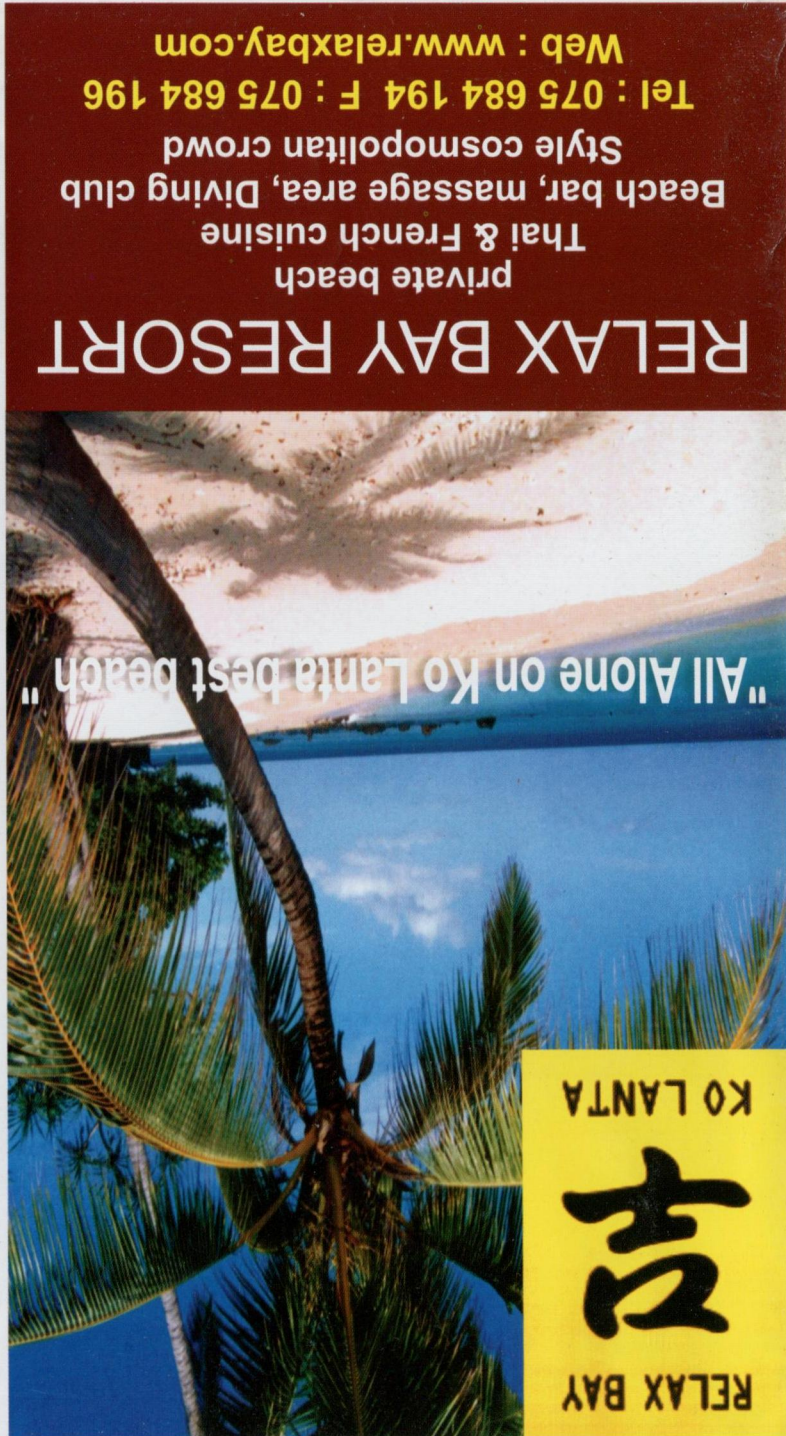
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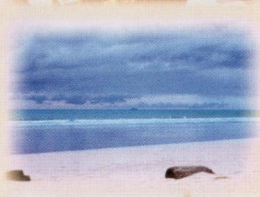


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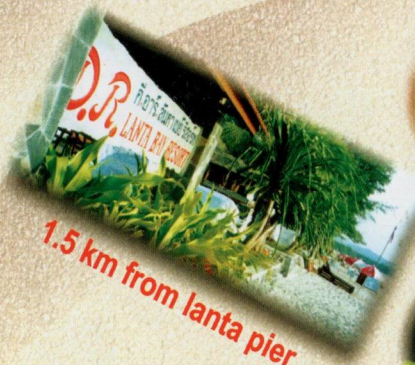
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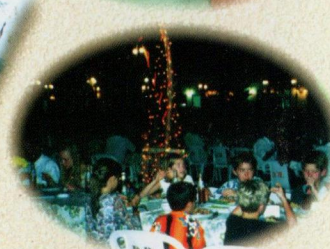
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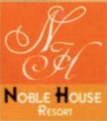
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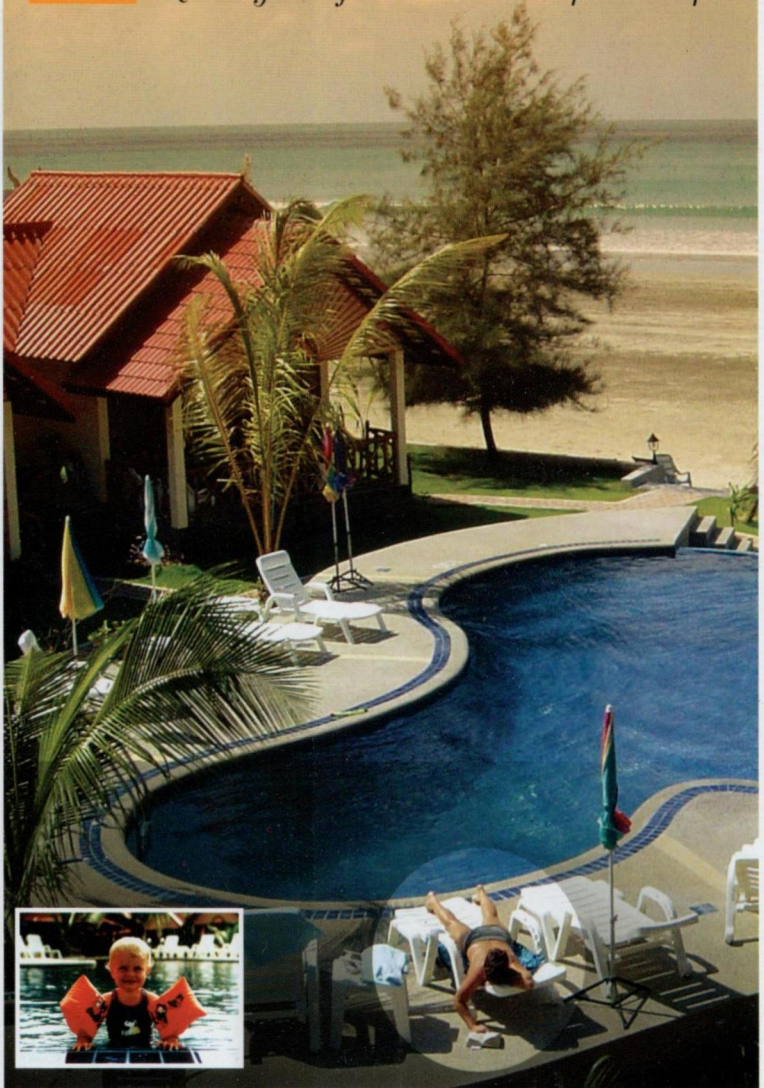
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KO LANTA

ISLAND TOURING & INFO

GETTING AROUND

Small motorbikes can be rented at or near all resorts and are great for exploring the island.

Ride slowly and carefully, and be very careful not to touch the exhaust as this causes nasty burns!

Be very careful in rainy weather as the dirt roads and tracks become extremely slippery.

All the beaches are on the **WEST COAST**.

The north half of this 'beach coast' is served by a paved road, although this deteriorates into a dusty track near Ban Saladan.

To explore the southern beaches you must brave the unpaved road that branches off at Klong Nin. It's not bad for the first 5 kilometers, then starts getting steeper and more rocky.

The last 5 kilometers is recommended for experienced bike riders and 4Wd vehicles only.

The **EAST COAST** faces the Thai mainland and has a coastline largely consisting of mangrove

TOURING KO LANTA

Suggested Tour 1 - after checking out Ban Saladan, head south stopping off to visit the three large beaches: Klong Dao, Long Beach and Klong Kong. Just turn off into a likely looking resort, park, and walk through to the beach. Each beach is worth an hour's walk to get a feel for it's unique mood and beauty.

From Klong Kong head south past the **FISHING BOATS** and follow the road as it turns away from the coast.

This one of the most beautiful drives on the island past rice paddies, through jungle and rubber plantations, and ending in a stunning descent to the east coast at the **VIEWPOINT**. Stop here for a look at the small islands and mainland behind. (Most mobile phones work here.)

Follow the paved road to **LANTA OLD TOWN**, the picturesque old capital where you'll feel you've stepped back in time. There are a few good restaurants on the waterfront and a lovely walking pier. This a perfect lazy lunch stop!

Returning along the same paved road, you can either go back on the viewsite road, or head south along the unpaved road back towards Ban Saladan.

This road passes small Muslim villages and many **PRAWN FARMS**, giving you a glimpse of Ko Lanta before tourism. Don't take this road if it's rained.

If you head back on the paved road, head for the **MAI KAE0 CAVE** - turn off opposite the small Mosque on the right. You can ride to the end of the road where guides will take you on the + 2 hour cave tour. Fantastic! You'll be muddy & smiling after, and ready for home and a shower. (No special fitness or shoes required.)

Suggested Tour 2 - turn off the paved road at Klong Nin and head south, being sure to stop and walk along Klong Nin beach and Klong Hin Beach.

turn off opposite the small Mosque on the right. You can ride to the end of the road where guides will take you on the + 2 hour cave tour. Fantastic! You'll be muddy & smiling after, and ready for home and a shower. (No special fitness or shoes required.)

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Kantiang Bay Beach is one of the most beautiful.

When the road dips into a small river, park and take the **WATERFALL WALK**. It's a lovely 30 minute walk through and along a small river to a small waterfall with a clear pool.

A kilometer later turn right to Klong Jark beach, a lovely little bay with a beach bar/restaurant right in the middle.

Following the road south, you pass Ao Mai Pai, or Bamboo Bay beach before a particularly lovely climb over the last hill and down into the **NATIONAL MARINE PARK**.

Here you can see the **OLD LIGHTHOUSE** and take the 3 km jungle walk (+ 1 hour). There's a small beach and cold drinks are available. Nice place for a picnic!

KO LANTA PLACES

BAN SALADAN This small town is the commercial center of the island. It consists of around 50 shops, travel agents, dive shops, supermarkets, the CHEMIST and the BANK. There are a few nice restaurants overlooking the water, some coffee shops offer the great coffee and bakery, the plenty of souvenir shop offer cheap products from all over Thailand. All transport to the island arrives and departs is here.

LANTA OLD TOWN The picturesque old capital town is definitely worth visiting for a glimpse into the island's past. The Chinese-style timber shophouses date back 60 - 100 years when it became the commercial center for the island's fishermen and farmers. The town remains the center of the fishing community and a large proportion of the Muslim population.

SNORKEL TOUR daytrips are the best way to experience world-class snorkeling. The most popular trips are to **KO ROK** with a square kilometer of amazing coral, the **FOUR ISLAND TOUR** and **Phi Phi Tour**. They are available by speedboat (fast & comfortable), big ferry boat and also by longtail boat (economical). Book at resorts & travel agents.

SEA KAYAK tours give a glimpse of the unique and varied ecology of the mangrove forests responsible for the rich diversity of sea life.

ELEPHANT and HORSE RIDES are available at a number of locations around the island. The horse rides is only at Long Beach.

Visit the **ORCHID NUSERY** on Long Beach.

COOKING CLASS is available nearby Klong Dao Beach. It is a untouchable souvenir of Ko Lanta. Book at resorts & Travel agents.

CAVE EXPLORING is available at the Mai Kaeo Caves and also at Tiger Cave.

WEEKLY MARKETS are not geared at tourists, which makes them all the more interesting. Here remain an important event in the local lives and an important source of necessities. Outside Ban Saladan - Sundays
At Lanta Old Town - Mondays till 1pm.

FOOD & NIGHT LIFE

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FOOD & NIGHT LIFE

Every resort has a restaurant. Most offer great Thai food prepared island style with lots of fresh herbs & spices. If you're not into chili, tell them when you order.

On most beaches you'll find a selection of restaurants within 5 minutes walk from your resort. Thai people like to eat when they're hungry and snack all day, so you can get the meal of your choice from early morning till around 10 pm.

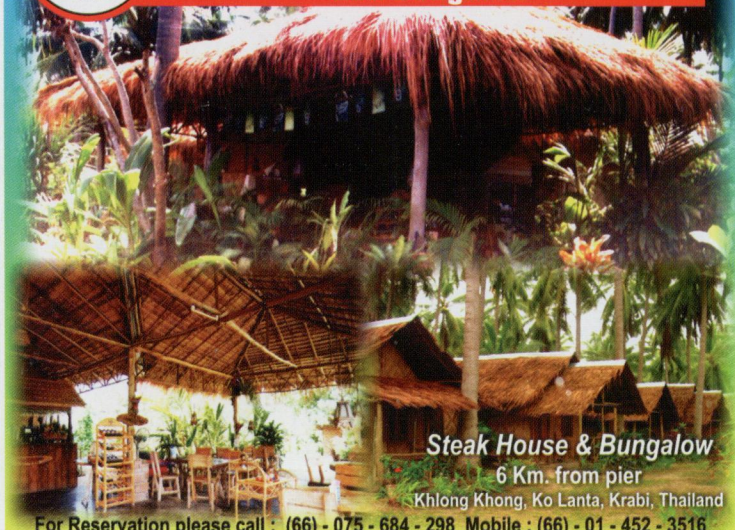
There are also many restaurants in towns, along the roadside and on the beaches throughout the island. These serve Thai food, western food, and sometimes Chinese and Indian food in addition to providing great fresh seafood from the Andaman Sea.

There is no shortage of places to dine and party. Most socializing happens at the great Ko Lanta beach bars. These operate from sunset till late and you'll find a wide selection on most beaches - walk a bit and you'll find one that suits your mood. Here is the great place to drink without having to worry about driving. Drinks are available almost everywhere. Muslim owned restaurants may not serve alcohol, but nearby bar will generally provide bar service.

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Steak House and Bungalow



Steak House & Bungalow

6 Km. from pier

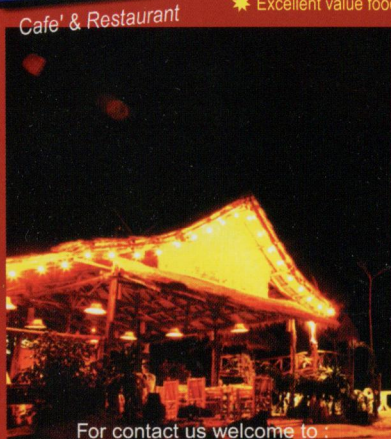
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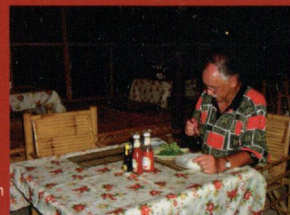
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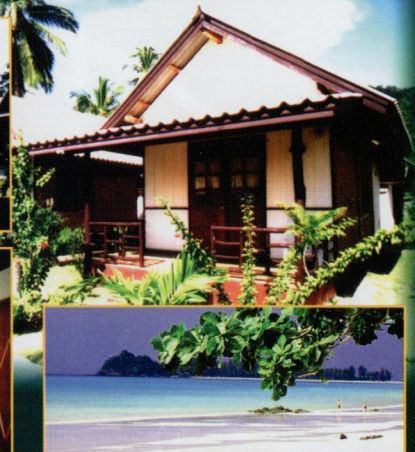
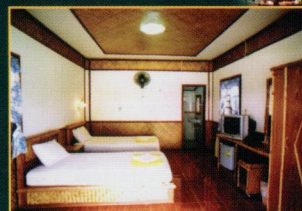
- Coffee
- Home made bakery
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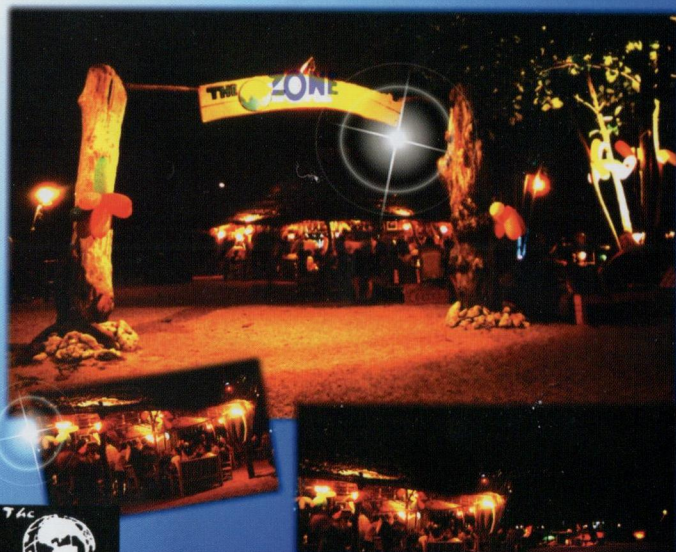
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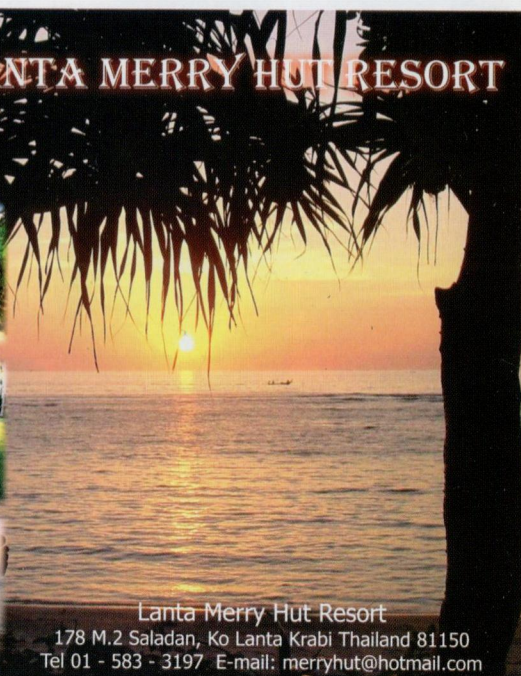
theozonebar@yahoo.com

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Tel : (66) - 09-7292383



LANTA MERRY HUT RESORT



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Lanta Palace Resort

Ko Lanta, Krabi, Thailand.

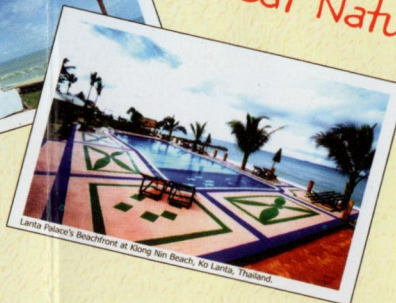
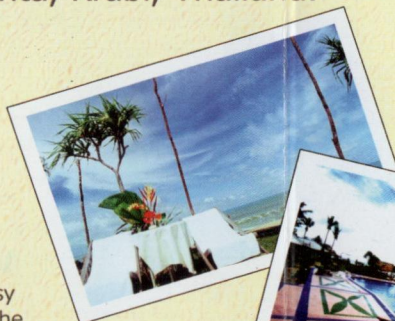
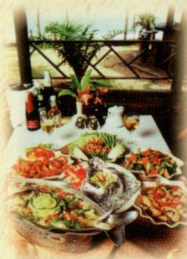
Lanta Island lies in the Andaman Sea off the west coast of Southern Thailand, just only 70 Km from Krabi Town.

The ideal location at Klong Nin Beach; unspoiled beach with a few kilometres of white sand and clear water located at the central of Ko Lanta.

Lanta Palace position is on the center of the famous Sunset Coast which more easy and convenience to explore the whole nature island.

The resort design purposed on the luxury living environment among the rich of our beatiful nature on our private beach.

Our reception office is at your service to arrange Transport, Travel & Tour, Laundry, Jeep & Bike hire and more..



"Luxury living blended with Great Nature"



Ko Lanta Office

29 Moo8, Ko Lanta Yai, Krabi, Thailand.

Tel : (66) 075 697123, 075 697124 Fax : (66) 075 697124

Bangkok Office

127/51 Moo12, Klong Kum Dist., Bangkok, Thailand.

Tel : (66) 01 - 944 - 4991

www.lantapalace.com

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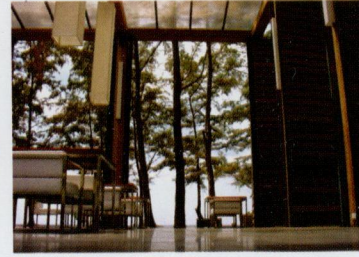
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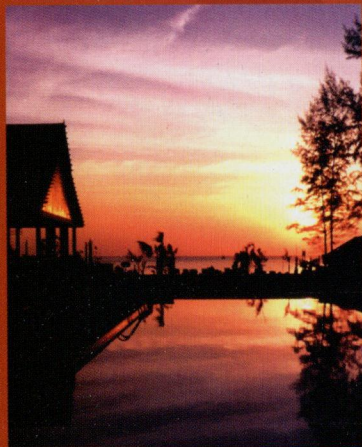
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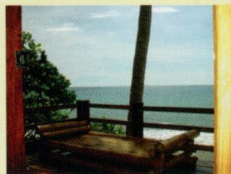
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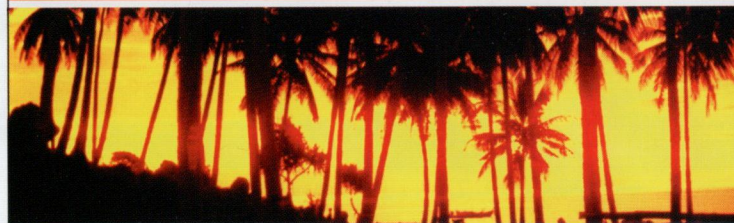


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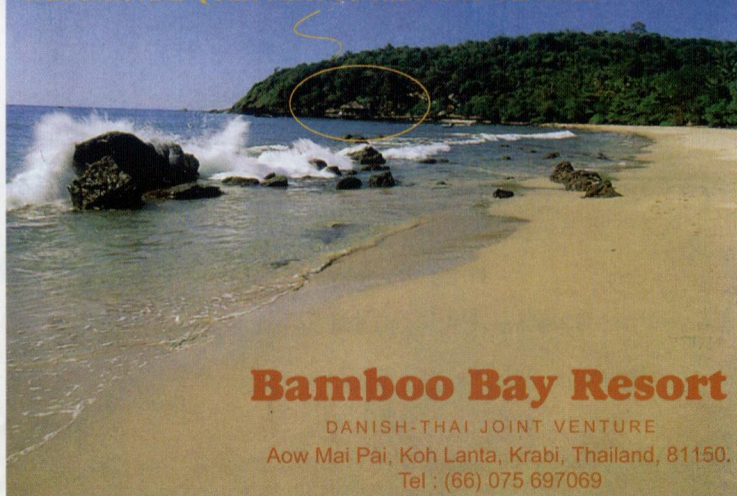
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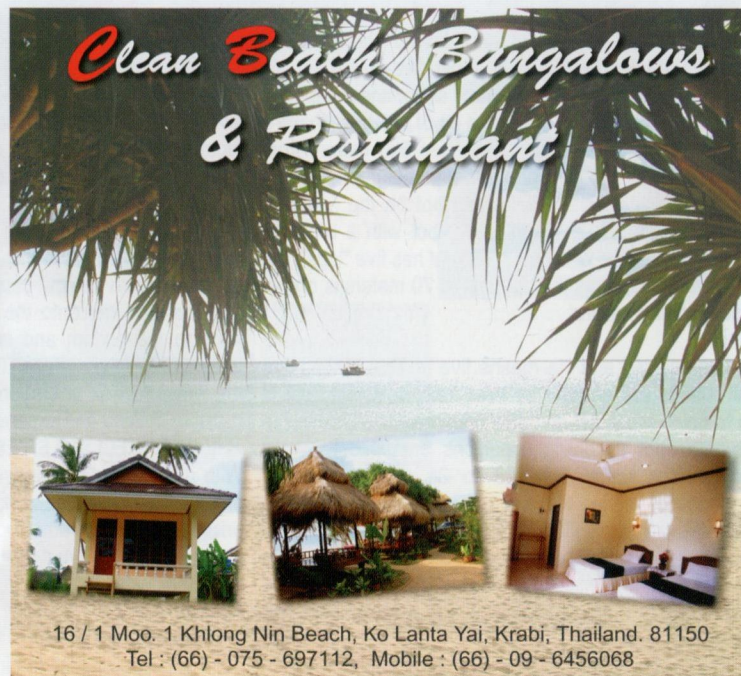


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Lanta Sunmoon Bungalow

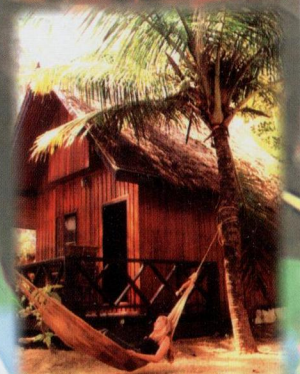
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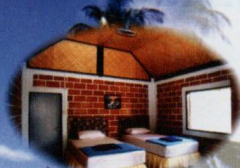
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KO LANTA

THAILAND'S MAGIC ISLAND

Ko Lanta is a quiet and uncommercial island with a slow and relaxed pace.

It has great beaches, stunning sunsets, low prices, fantastic diving, some of Thailand's best snorkeling (nearby islands), really good Thai food and friendly people not yet jaded by mass tourism.

If you're looking for discos, swimming pool resorts, Macdonald's, KFC and sex tourism, Ko Lanta is not for you.

KO LANTA BEACHES - WHERE TO STAY

Ko Lanta's west coast is graced with a series of beautiful beaches with warm clear water and spectacular sunsets.

We've divided the coast into zones, each with its own character and price range. Starting from the north, you'll find:

KLONG DAO BEACH

This spectacular three-kilometer stretch of white powder sand was the first beach to be developed. It is the finest white sand beach on Ko Lanta, and calm waters make it especially safe for children.

Even in peak season this huge beach never gets crowded, and a short walk will find you a patch without neighbors.

Here you'll find the best selection of restaurants and bars, and service closest to western or international standards.

It houses about 15 of the most upmarket and largest resorts, many with air-conditioned bungalows, swimming pools and hot water showers!

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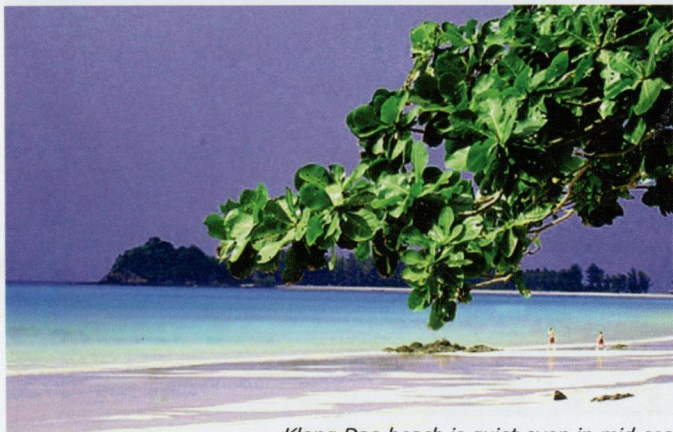
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Air-conditioned rooms cost 1,000 - 3,000 Baht in season, around half that off season. Fan rooms can be found for 500 - 1000 in season.

The southern end of Klong Dao Beach has some rocks in the water, and a picturesque fleet of local longtail fishing boats use the natural rock harbor as a base.



Klong Dao beach is quiet even in mid-season

LONG BEACH

Phra Ae Beach, commonly known as Long Beach is just south of Klong Dao. It is a stunning crescent of sand some kilometers long. The beach is steeper and the water not as sheltered as at Klong Dao.

The resorts here are generally smaller and cheaper, with many catering for the backpacker market..

Long beach hosts many of Lanta's most popular bars and clubs, with big parties organized weekly in season.

The southern end of Long Beach has some rocks in the water, but a short walk will get you to rock-free swimming areas.

SOUTHERN BEACHES

A few kilometers south of Klong Khong, the paved road turns east and heads across to Ko Lanta's eastern shore and Lanta Village.

To continue south, turn right off the paved road at the sign for the National Marine Park. This unpaved road follows the west coast and provides access to the rest of Ko Lanta's beaches.

At this turnoff is Klong Nin Beach, a fine stretch of white sand with small family-run resorts which are popular with European families, many who return to the same bungalow every year.

These southern resorts offer good value.

A few kilometers further south at the small but beautiful Klong Hin Beach where you'll find great swimming and a few small resorts with a secluded feel.

FAR SOUTH BEACHES

The road south from Klong Hin becomes narrower and has some quite sudden dips and rises with beautiful coastal views. Be warned that *the surface becomes muddy & slippery in rainy season.*

Visitors here are rewarded by a series of beautiful small beaches with few well-spaced resorts surrounded by natural forest and jungle.

Kantiang Beach is a spectacular stretch of white sand with clear waters and excellent swimming. The resorts offer great seafood from local fishermen.

Enjoy the popular 'waterfall' walk near Klong Jark Beach, a few kilometers

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Enjoy the popular 'waterfall' walk near Klong Jark Beach, a few kilometers before Ko Lanta's most southern resort beach, Ao Mai Pai, or Bamboo Bay.

The road continues south to Ko Lanta National Marine Park Headquarters, sited at the southern end of the island, which has a great Jungle Walk path.

FINDING ACCOMMODATION

Ko Lanta has a wide range of accommodation with the right type of resort for all tastes and all price ranges.

To get the best rooms close to the beach at a good price pre-book.

KoLanta.Net offers details and photos of many resorts and online booking service. WWW.KOLANTA.NET



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